

# THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

May 31, 2022

## Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 80 —Safety Precautions

**WINDOW ROCK, AZ** – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates May 13-26, 2022. The advisory will be in effect until the risk and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

Black Mesa	Coyote Canyon	Kaibeto	Sheepsprings	Tsayatoh
Bread Springs	Crownpoint	Kayenta	Shiprock	Tselani/Cottonwood
Casamero Lake	Forest Lake	Ramah	Shonto	Tuba City
Chinle	Ganado	Red Mesa	Teesto	Twin Lakes
Counselor	Indian Wells	Rock Springs	Tohatchi	

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

<b>People at Increased Risk for Severe Illness</b> <ul style="list-style-type: none"><li>• Older Adults</li><li>• Cancer</li><li>• Chronic kidney disease</li><li>• Chronic obstructive pulmonary disease</li><li>• Heart conditions</li><li>• Immunocompromised state</li><li>• Obesity and severe obesity</li><li>• Pregnancy</li><li>• Sickle cell disease</li><li>• Smoking</li><li>• Type 2 diabetes mellitus</li></ul>	<b>Might be at Increased Risk for Severe Illness</b> <ul style="list-style-type: none"><li>• Asthma</li><li>• Cerebrovascular disease</li><li>• Cystic fibrosis</li><li>• Hypertension or high blood pressure</li><li>• Immunocompromised state</li><li>• Neurologic conditions, such as dementia</li><li>• Liver disease</li><li>• Overweight</li><li>• Pulmonary fibrosis</li><li>• Thalassemia</li><li>• Type 1 diabetes mellitus</li></ul>
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All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.

- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.